

The Tribune Institute

Housekeeping as a Profession

At Your Service

In the World of Women

Peace Terms Concerning Wheat and Sugar

By VIRGINIA CARTER LEE

THE present week's menus have been planned with the idea of keeping the sugar ration of twelve teaspoons daily per capita in force, and also to economize on wheat products.

Remember that it takes forty-eight level teaspoonsful of sugar to fill a standard-sized cup, so that the daily ration for a family of four will mean just a cup of sugar for all purposes, both in cooking and on the table.

Maple sugar, molasses and honey, with the use of canned fruits (preserved in sweetened syrup), are the sweetening ingredients used; "corn syrup" can be employed when baking apples, or in the making of fruit sauces.

In using wheat flour the honest housekeeper who is really patriotic will still keep a watchful eye on the flour barrel. This means that if she treats the family to white, tender wheat rolls she will make up on the next meal by employing the cornmeal preparations, such as corn pone or johnny cake. There is no objection to saving more than your share.

The meats have been selected with an idea to strict economy, and this should allow the purchase of a good steak for Sunday. A two-pound and a half sirloin is recommended, although the short Delmonico steaks also have their good points, as there is no long, tough end and the amount of bone is small. This cut does not give a tenderloin, but if the meat has hung sufficiently long and is cut thick enough it is a delicious steak.

Never make the mistake of purchasing a thin steak, for no matter how carefully it is cooked it will dry out in the broiling, and never let it stand in the oven after cooking, as it makes it soggy and flavorless.

In making the walnut loaf blend together one and a half cupsful of toasted bread crumbs, two teaspoonsful of grated onion, two tablespoonsful of bacon dripping, one cupful of chopped walnuts, one teaspoonful of salt, one and a half cupsful of rich milk, two lightly beaten eggs, one tablespoonful of chopped parsley, a saltspoonful of paprika and the same of poultry seasoning. Mix well, pour into a greased pan and bake in a moderately hot oven.

Supplies for the week will include at the butcher's one pound and a half of stewing veal at 24 cents per pound, one pound and a half of lamb's liver at 24 cents per pound, one pound of stewing mutton (for the stuffed onion) at 24 cents per pound, half a pound of sausage meat at 40 cents per pound and two pounds and a half of sirloin steak at 40 cents per pound.

At the fish market one pint of stewing oysters at 30 cents, or the equivalent of two dozen at the same price; one pound and a half of smelts at 30 cents per pound, one package of dried salt cod at 13 cents, two pounds of broiled mackerel at 30 cents, and twenty oysters on the half shell at 18 cents a dozen.

Following is the weekly table budget:

Butcher's bill	\$2.16
Fish bill	1.84
Milk and cream	1.25
Eggs	1.87
Butter and oleo	.86
Fruit	1.75
Vegetables	2.00
Groceries	4.27
	\$16.00

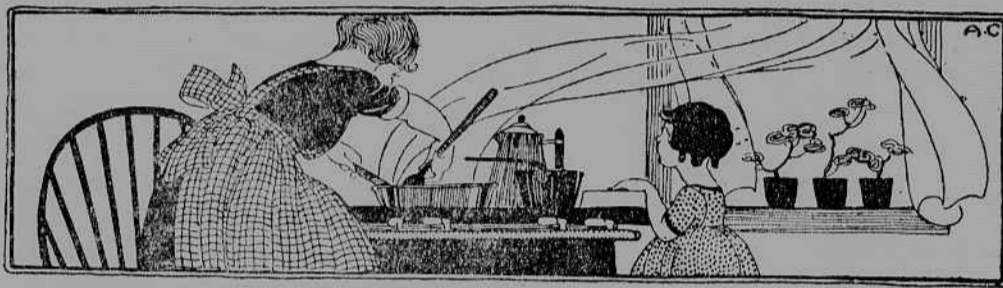
Will We "Carry On" Without a War Surge?

THIS extra pound of sugar a month that each of us is getting does not mean that food-saving time is over because the war is "over over there." Far from it. It means that we saved 300,000 tons of sugar a month for four months, and, thanks to our own responsiveness and to the big beet sugar crop, we have a right to those extra pounds of sugar. Furthermore, Mr. Hoover is not afraid that we will take the bit in our teeth and gallop off with all the sugar in sight if he tells us the truth about it and eases up on sugar conservation.

Our women saved 13,000,000 barrels of flour in the wheat drive, and now wheat substitution is a thing of the past, though wheat economy is with us still. Giving up afternoon teas that less sugar and cereals will be eaten; not eating for fun while others hunger; saving butter, cheese and fats of every kind; letting the pork products go abroad—this is all we are asked to do now to save others from starvation and anarchy.

The peace food programme is more complicated, and more extensive than the war plan. All the liberated peoples of Southern Europe and of Poland, as well as of Belgium and France, hold out their hands to us that they may live to enjoy their new found liberty. All of the departments of the government are getting together on this enlarged relief programme. Will the women do their part? They always have.

A. L. P.



TESTED RECIPES

Mutton and Rice Cakes

This is a very economical luncheon dish, as a good deal of rice may be used and just enough of the minced meat to give a good flavor. Mince the meat finely and for every cupful add one cupful of the cooked rice. Season to taste with salt and pepper, add one tablespoonful of Worcestershire sauce and enough curry gravy to moisten. Form into small, flat cakes and sauté in hot dripping.

Canned Peach Potpie

This is a very good dessert to use when one is limited in the use of sugar. Place the contents of a jar of peaches in a saucepan with sufficient of the syrup to cover well. (Save the rest of the sauce.) Have ready a thick batter made from one pint of sifted wheat flour, one heaping teaspoonful of baking powder, one teaspoonful of white sugar, a saltspoonful of salt and a scant cupful of milk. Beat well and drop by spoonful over the top of the boiling fruit. Cover closely and keep where the boiling will be slow but steady from ten to fifteen minutes. Dish the fruit in the center of a platter, the dumplings around the edge as a border, and reheat the remainder of the syrup with the addition of a tablespoonful of crushed maple sugar.

Buttermilk Biscuits

Use buttermilk that is not too sour. Heat one pint to the boiling point and stir frequently to prevent curdling. Add one tablespoonful of sugar, let stand for five minutes and mix in gradually one pint of sifted wheat flour (or one-fifth corn or barley). Beat to a very smooth batter. Cover closely and let stand over night. In the morning add half a tea-

spoonful of baking soda dissolved in one-eighth of a cupful of hot water, one teaspoonful of salt and one tablespoonful of melted oleo. Mix well and add additional flour to make a soft dough. Turn out on a well-floured board and knead until soft.

Minced Veal Cutlets

Put through the meat grinder one pound and a half of stewing veal. Season with three-quarters of a teaspoonful of salt, one-quarter of a teaspoonful of paprika, half a teaspoonful of grated onion, one tablespoonful of chopped parsley and half a teaspoonful of poultry seasoning. Form in cutlets, dip in egg and bread crumbs and sauté.

Potato Cakes With Sausage Filling

Half a pound of sausage meat only will be required. Have ready one large cupful of creamy, seasoned mashed potatoes and stir in the yolk of one egg, lightly beaten. Fry the sausage, remove from the fat and mash with a fork. Put a heaping tablespoonful of the potato mixture into a cake, place a teaspoonful of the sausage in the center, sprinkle with chopped parsley, fold over, dip in wheat flour and fry in sausage fat.

Indian Apple Pudding

Mix together half a pint of cornmeal, half a teaspoonful of salt, one tablespoonful of wheat flour and one cupful of molasses. When smooth add gradually three pints of hot milk and stir over hot water until thickened and smooth. Stand aside and when nearly cold add one teaspoonful of ground ginger, two tablespoonsful of ground cinnamon, two tablespoonsful of minced candied orange peel and one quart of cold milk. Turn into a baking dish in which has been placed a layer of sliced apples (lightly dusted with maple sugar) and bake very slowly for four hours. When half cooled pour over the top one cup of additional milk and do not stir it in.

Monday BREAKFAST

Baked Bananas Dry Cereal
Top of the Bottle
Cinnamon Toast Coffee

LUNCHEON

Mutton and Rice Cakes (leftover)
Rye Bread
Honey Apple Sauce

DINNER

Oyster Soup
Walnut Leaf Brown Gravy
Stewed Tomatoes Celery
Canned Peach Potpie

Tuesday BREAKFAST

Halved Oranges
Scrambled Eggs with Vegetables
Buttermilk Biscuits
Coffee

LUNCHEON

Cream of Spinach Soup
Croutons
Popovers Maple Syrup

DINNER

Bouillon in Cups
Pulled Bread
Fried Smelts Parsley Potato Balls
Beets with Sour Sauce
Steamed Molasses Pudding
Maple Sugar Sauce

Wednesday BREAKFAST

Baked Apples with Raisins
Creamed Salt Cod
Toast Coffee

LUNCHEON

Baked Cheese and Cracker
Pudding
Thin Bread and Butter
Fruit Salad

DINNER

Vegetable Soup
Minced Meat Cutlets Buttered Carrots
Mashed Potatoes
Apple Indian Pudding

Thursday BREAKFAST

Cooked Cereal with Prune Pulp
Tomato Omelet
Oatmeal Muffins Coffee

LUNCHEON

Stuffed Egg Salad
Brown Bread Sandwiches
Maple Sugar Cookies
Cocoa

DINNER

Celery Soup
Braised Larded Liver (Lamb's)
Baked Sweet Potatoes
Chicory Salad Green Peas
Fruit

Friday BREAKFAST

Sliced Oranges and Bananas
Meringue Cereal Top of the Bottle
French Toast Syrup
Coffee

LUNCHEON

Bisque of Tomato Toast Squares
Apple Whip Gingerbread

DINNER

Potato Puffs Spinach
Celery and Apple Salad
Cheese Straws

Saturday BREAKFAST

Halved Grape Fruit
Shirred Eggs
Fried Cornmeal Mush
Coffee

LUNCHEON

Fish and Pickle Salad in Jelly
Sweet Potato Biscuits
Canned Fruit

DINNER

Oysters on the Half Shell
Stuffed Bermuda Onions
Candied Sweet Potatoes
Celery
Strawberry Ice Cream

Sunday BREAKFAST

Preserved Apples with Dates
Potato Cakes with Sausage Filling
Hominy Muffins Coffee

LUNCHEON OR SUPPER

Lettuce and Egg Sandwiches
Olives
Cocoa Honey Crisps

DINNER

Clear Tomato Soup with Tapioca
Broiled Steak Mushroom Gravy
Cauliflower Riced Potatoes
Lettuce Salad
Mock Mince Pie

Furnace and Oven Cookery

ONE of woman's responsibilities in this age of coal-driven mechanical energy consists in saving the coal which she and her family do not need for health and comfort. If the gas range does not have to be lighted during the morning to prepare the lunch, and yet that lunch is nourishing and appetizing, Mrs. Mess Sergeant of the Home Defence has won a victory for fuel. She has saved a little coal in the far-away plant where the gas is generated.

Special Utensils and Watchful Waiting

Just inside the furnace door is a ledge large enough to accommodate a pot or two. If beans are put into an earthen casserole or iron kettle and covered tightly they will bake deliciously on the furnace ledge, using heat that is on its way to warm the house. The pot must be well covered, because the heat above the ledge is intense. The first time you try this means of baking beans watch them carefully to keep them from burning. After cooking on the furnace ledge becomes a habit you will know all the little characteristics of your particular bean pot in relation to furnace cooking.

Beans are not the only food which can be cooked with the same heat which warms your rooms.

Casserole dishes which require long cooking are especially adaptable to the furnace ledge. Potatoes and other vegetables which are served baked can also be cooked on the ledge. A luncheon which requires no gas except, perhaps, to heat the water for tea has for its main dish a shepherd's pie.

This pie is made by putting into a casserole 2 cups of chopped cooked mutton, 1 teaspoon of salt, ¼ teaspoon of pepper, ¼ teaspoon of curry powder, 2 cups of hominy, 2 cups of peas or carrots and ½ cup of brown sauce or water. Cover the meat and vegetables with rice, hominy or potato (any one of these will do) which has been previously cooked. Bake until brown.

Every housekeeper will think of dozens of dishes which she can cook in carefully covered pots and kettles placed on the ledge inside her furnace door. Keep a list of the dishes you have prepared in this way and tell them to your neighbors. They, like all thrifty American women, are looking for even the little ways to save fuel.

Furnace cookery is not recommended as a convenience or time-saver. Quite the contrary. It means taking more trouble in order to save fuel. The dishes to be cooked to the furnace should be carefully selected and placed in suitable utensils, such as heavy iron pots or carefully covered earthen casseroles. The

aristocratic aluminum or agate and enamel ware would not stand the test. Soups, boiled vegetables, cereals requiring long cooking and stews of all sorts are especially adapted to the furnace ledge, but a long handled toaster or broiler would extend the possibilities of the art. Remember the open fire cookery of your last campfire, if you doubt this. Select your utensils also with a special view to getting them out of the furnace when the cooking is done. The handles will be hotter than usual and a bailed vessel that permits the use of a long lifter and a goodly supply of asbestos holders or extra thick pads will be needed.

Furnace cooking will soon be another household art. Be a pioneer in the new way of saving coal now or after the war. This is not a fad; it can really be done under the most trying conditions. We know of one soldier's wife who fed a large official family of war workers last winter exclusively on furnace-cooked food when fuel was short and the gas froze up.

Oven Cooking Saves Heat, Too

Another way to save heat that has been pointed out by the Connecticut Agricultural College is to do more cooking in the oven and less on the top of the stove, where the heat is dissipated more rapidly. Oven-cooked vegetables, oven stews and oven soups are among the dishes that save fuel.

Here are some of the suggestions made by the Connecticut station, leading off with the most original one on oven soups. Any clear soup and any cream except tomato bisque can be made by putting all ingredients in the pan (mashing the vegetables and creaming fat and flour together), covering and baking about twenty to thirty minutes. All you need do then is to strain the soup and serve.

An oven stew can be made by browning meat in a frying pan. Pour the gravy made from the drippings over the meat and cover to bake. About half an hour before serving add raw potato balls, pieces of carrots and turnip dice. Later the cover may be taken off and the top covered with biscuit dough rounds, which are then baked on the stew, making a meat pie.

The desserts, puddings, pies, custards and baked fruits can be cooked alongside of the dinner. Here is a typical oven-baked meal that could be prepared inside the stove in an hour or less:

Halibut baked with cheese and crumbs
Grilled sweet potatoes
Baked stuffed tomatoes or sautéed tomatoes
Corn bread
Baked apples with nuts and raisins

Serve Last Summer's Canning Sugar Now



By MARGARET HAMELIN

WHEN the housekeepers were allowed twenty-five pounds of sugar for preserving purposes during the fall months it was rightly supposed that these same fruits would be used later on to best advantage when planning the winter desserts.

Play fair and make this same sugar that is combined with fruit save the sugar that you would otherwise have to use in many of your cooking recipes. It was this idea that made it possible for you to obtain it; and these are not the days "to have your cake and eat it, too."

Nearly all the canned fruits can be used in the recipes that call for fresh fruit with the addition of sugar, and in the following tested formulas will be found suggestions for some dishes of which they form the basis:

Berry Bread

This recipe is excellent, as it requires no cooking save heating the fruit. Blueberries, strawberries, raspberries and blackberries are all delicious. Use a stale loaf of bread, cut thin slices and spread with oleo. Heat a quart can of any variety of berries and place in a deep dish a layer of the buttered bread. Pour over this a quantity of the boiling mixture, then add more bread and fruit until the dish is nearly filled. Cover closely, stand on the ice and when ready to serve unmould and serve with thin cream or milk from the top of the bottle.

Old-Fashioned Rhubarb Fritters

Mix together three cupsful of Victory flour, half a teaspoonful of salt and two teaspoonsful of baking powder. Beat lightly two eggs, add one cupful of milk and gradually blend the liquid with the flour mixture. Add one tablespoonful of melted oleo, one tablespoonful of molasses and one pint of drained rhubarb, cut in tiny pieces. Fry in small, thick cakes

on a greased griddle and sprinkle with crushed maple sugar as baked.

Delicate Fruit Pudding

This pudding may have as its basis the strained canned juice of almost any variety of fruit put up with sugar. Take a cupful and a half of such juice or syrup, add half a cupful of water, a few grains of salt and bring quickly to the boiling point. Stir in two tablespoonsful of cornstarch, wet with cold water and stir until smoothly thickened and clear. Cook over a very moderate heat for eight minutes; then cut in lightly the stiffly whipped whites of two eggs. Cook only for a moment after the eggs are added and pour into a mould with alternate layers of the same fruit, cut or whole, according to size. Serve cold with a custard sauce.



Every glass of ice cream soda holds almost half of your daily sugar ration

according to size. Serve cold with a custard sauce.

Peach Pudding

Thickly butter a melon mould and sprinkle the bottom and sides with chopped nut meats and shredded citron. Fill the mould loosely with small pieces of sponge cake and slices of drained canned peaches (have the fruit dry). Make a raw custard from a scant pint of milk, a pinch of salt, half a tablespoonful of sugar and two lightly beaten eggs. Pour this over the cake and fruit, cover with a buttered paper and set the mould in a pan of hot water. Cook in a moderate oven until set and serve warm (unmoulded) with a sauce made from the fruit syrup.

Strawberry Rice Mould

This recipe takes some sugar, but the quantity is small. Wash well four table-

spoonsful of rice and put on to boil with one quart of milk. Dissolve one-eighth teaspoon of gelatine in cold water and stir into the rice with half a teaspoonful of vanilla extract, one tablespoonful of sugar and three tablespoonsful of strawberry jam. Remove from the fire, cool and stir occasionally. When it begins to stiffen fold in half a pint of sweet cream whipped solid. Turn into a mould rinsed with ice water and set on the ice to harden.

Farina Pineapple Soufflé

Put two cupsful of milk and the grated rind of a quarter of a lemon into the upper part of the double boiler. When scalded stir in four tablespoonsful of farina and cook for eight minutes. Remove from the fire, pour on the yolks of

three eggs that have been beaten with one tablespoonful of sugar and stir occasionally as it cools. Let it become cool but not stiff, and add one cupful of finely chopped canned pineapple (drained) and the stiffly whipped egg whites that have been whipped with a saltspoonful of salt. Turn into a buttered soufflé dish, put in a pan of hot water and bake in a moderate hot oven for twenty-five minutes.

Strawberry Custard

Prepare one generous pint of thick, boiled custard from one pint of milk, one tablespoonful of cornstarch, a pinch of salt and two eggs beaten with two tablespoonsful of sugar. Cook the cornstarch with the milk for five minutes before adding the eggs. Remove from the fire, cool, flavor with vanilla extract and when cold turn into a chilled freezer. Freeze slowly until the cream begins to congeal and add one large cupful of strawberries pressed through a strainer. Continue to freeze slowly until firm and smooth.

Squash — As It Might Be

IT IS a person of no imagination who can see a pumpkin or a squash only in a pie. Why should a man love a pumpkin pie better than his wife, and scorn squash, steamed, buttered and seasoned and baked in a dish without any fringe of crust? It is an inscrutable mystery—this blind idolatry of the American for pie.

However, it is so, and there is no pie better than a pumpkin pie, unless it is an apple ditto, and now is the time for both of them. Try this:

Pumpkins are generally used for making pies. They are prepared, steamed in the same manner as squash, though the time for cooking is somewhat longer.

The cooked pumpkin or squash is then strained and mixed with the other ingredients for the pies. To two and a half cupsful of strained pumpkin add two cupsful of milk, one teaspoonful each of salt, melted butter, cinnamon and ginger, about two-thirds cup of brown sugar and two lightly-beaten eggs. Pour into a greased pie plate which is lined with a pastry made from one part wheat and one part rice flour. Bake slowly for about three-fourths of an hour.

Mrs. Florence Taft Eaton sends this "squash" advice from Concord, Mass., and New England is in a position to speak the first and the last word on this branch of cookery.

"Squash should always be steamed or baked instead of boiled, as it is much dryer cooked in this way, and it should be served very hot. Do not pare if the shell is at all hard; but scrape out every bit possible. This might seem unnecessary advice, but glance at the discarded shell occasionally. The pulp nearest the shell is by far the driest and best. When seasoning, add a very little bit of sugar, not enough to sweeten it, but to subtly bring out the flavor. Use butter liberally. Squash prepared in this manner is a very different product from that served at most tables.

"To prepare a squash in the highest style of the art, cut it in halves, bake until soft, scrape from the shells, season and pile lightly in the best half shell fixed so that it will 'stand.' Return to oven to get very hot, and serve in the shell.

"Thin skinned squashes may be pared, cut in uniform pieces of suitable size for serving, packed in one layer in a shallow glass baking dish, buttered, sprinkled with salt, a bit of sugar, dotted with butter and baked until tender. Cover the first part of the time, uncovering to brown slightly.

"Squash is a valuable addition to muffins, baking powder biscuits, griddle cakes, etc. It makes all of these very

tender, and of a rich color. Use from half to one cup of sifted squash in each recipe.

"Squash pudding is a good substitute for pies, for children. Prepare exactly as for pie filling and bake in a good oven until set and the top slightly browned. Serve with top milk or cream."

To do justice to the squash from all points of the compass these squash recipes from Virginia are added by Miss Lee:

Squash Puffs

Press dry cooked squash through a sieve, and to each cupful add two tablespoonsful of melted oleo, four tablespoonsful of milk, salt and paprika to taste and the well beaten yolks of two eggs. Beat until light, fold in the stiffly whipped white of one egg and drop by large spoonful on to a buttered tin. Dust with grated cheese and paprika and bake in a rather quick oven until puffed and brown.

Quick Squash Biscuits

Mix and sift together two cupsful of flour, one teaspoonful of salt and three teaspoonsful of baking powder. Rub in with the finger tips two tablespoonsful of shortening and add the yolk of one beaten egg, half a cupful of riced cooked squash and sufficient cold milk to make a soft dough. Cut and bake like ordinary biscuits. These are delicious with butter and honey.

Squash Waffles

Sift together two heaping cupsful of flour, half a teaspoonful of salt and one teaspoonful of baking powder. Add the beaten yolks of two eggs, one tablespoonful of molasses, three tablespoonsful of melted oleo, one scant cupful of milk and half a cupful of cooked mashed squash. Beat the mixture well, fold in the stiffly whipped egg whites and bake in hot waffle irons.

Delaware Squash Pie

Mix together one cupful of cooked and sifted squash, half a teaspoonful each of salt and ground cinnamon, sugar to taste, one egg, lightly beaten; one-quarter of a cupful of cream and three-quarters of a cupful of liquid cocoa, made with milk. Bake in a deep plate lined with pastry, as for custard pie. This is a novelty in the pie line and is most delicious.

Squash Soufflé

For a squash soufflé mix two cupsful of steamed, mashed squash with one and one-half cupsful milk and two eggs beaten separately and folded in. Season with salt, pepper and brown sugar to taste. Place in a pan of simmering water and bake in a moderate oven until firm.